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Reimer's a Hogtown kind of guy

The goalie signed a two year, $4.6M contract with the Leafs PAGE 21

Israel warns of 'prolonged campaign'

PM vows to act 'aggressively' until mission in Gaza is complete PAGE 6

1974 cold case still unsolved

Alan Smith acquitted in decades-old slaying PAGE 4

NEWS WORTH SHARING.

'I was ... absolutely horrified'

Ford Fest assault.
Straight retiree wearing a rainbow flag recounts attack by homophobic barbecue guest

So how did Don Whittemore, a self-described straight, boring 61-year-old retiree, find himself at Ford Fest in a rainbow cape with an enraged man squeezing his throat?

"For years I sat back and figured voting was all I had to do," Whittemore said in an interview Monday, three days after the ugly incident at the barbecue for Mayor Rob Ford in Scarborough's Thomson Memorial Park.

Something clicked when Ford emerged from rehab and went straight into re-election campaign mode. Whittemore joined "shirtless horde" protests challenging Ford on his unwillingness to address drug use and deceit.

Then, moved as a youth by Black Like Me, the 1961 account of white American John Howard Griffin posing as black, so as to feel racist hatred first-hand, he decided to walk around Ford Fest with a pink umbrella, a large rainbow flag on his back, and a smaller flag in his pocket.

"I had read about rampant homophobia in Ford Nation and thought this was an opportunity to see what it's like," he said. "I wasn't protesting — I was hoping I could come back and say that nothing happened."

Not much did happen.

He wandered for three hours, tweeting and having pleasant interactions with Ford Nation members and a handful of "Queeruption" members there to quietly protest Ford's statements and council votes on gay issues.

Bored, Whittemore was heading back to his car when he saw a crowd around the protesters, yelling slurs including "Go home, f—t", and grabbing and ripping their signs.

"I was horrified — absolutely horrified. The air was actually vibrating," he said, adding he yelled back that the crowd was being homophobic and protesters had every right to be in a public park. Whittemore said one man yelled to his face: "How dare you be here? Rob is great," then hit Whittemore's forehead with an open palm, knocking off his hat before quickly walking away, he said.

A shocked Whittemore was talking to reporters when the man rushed back and briefly squeezed his throat with one hand, an incident caught by a CTV news camera.

"If he can sleep at night, good for him," Whittemore said. "I haven't, but good for him."

He talked to a police officer but decided not to pursue charges, he says, for fear of payback attacks on the reputation of his family and friends. However, he would act as a witness if police decide to charge the man.

TORSTAR NEWS SERVICE

'We have to move on'

- On Saturday, Mayor Ford told CTV News he didn't see the unruly crowd, "but it's terrible that things like that happen. I apologize and we have to move on."
- As for Whittemore, he wrote a lengthy blog entry and said he might revisit the incident, but, "Maybe I just want to go back to 7:30 July 25 2014 and take a different route to my car."

IT'S EID, LET'S TAKE A SELFIE!

Unidentified women take a selfie with an iPhone on a boom as they arrive on Monday for the Eid Festival at the Metro Toronto Convention Centre, one of many held around the GTA. After a month of fasting each day from sunrise to sunset during Ramadan, Muslims around the world celebrate Eid Al-Fitr by joining with loved ones, and eating lots and lots of food. AARON HARRIS/TORSTAR NEWS SERVICE

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City hall

Fords rail against lobbying allegations

Rob Ford, left, and brother Doug. THE CANADIAN PRESS FILE

Coun. Doug Ford and Mayor Rob Ford are decrying what they call a "witch hunt" and promising legal action over renewed allegations they tried to influence city hall on behalf of one of their business clients.

Rival candidate John Tory and the deputy mayor are asking the city's integrity commissioner to release findings in an investigation into the Fords' business dealings ahead of the October election.

Meanwhile, the co-founder of the watchdog group who filed the original complaint says the case warrants a police investigation.

The Ford brothers allegedly tried to help U.S. printing company RR Donnelley win a city contract while their business, Deco Labels and Tags, was sub-contracted to print luggage tags for RR Donnelly through a partner, Moore Canada, according to a Globe and Mail report.

Meetings between city officials and the company over a printing contract were arranged by the Fords in 2011, the paper reported. City officials say the Fords did not disclose their relationship with the company.

"This company, we have done absolutely nothing wrong," Doug Ford told Torstar News Service Monday. "We don't do that s—."

TORSTAR NEWS SERVICE

'Hug a Terrorist' video praised and derided

Activism. Clip intended to raise awareness of civilian casualties in Gaza

Two schoolgirls hold a sign in downtown Toronto that says "Hug a Terrorist" to call attention to civilian casualties in Gaza. TORSTAR NEWS SERVICE

Two Canadian schoolgirls described as Palestinian-Syrians received an apparently warm embrace from strangers in downtown Toronto recently when they held out a simple sign that said, "Hug a Terrorist."

The simple two-minute, 27-second video was produced by social media activist group Like For Syria and created by 18-year-old York University student Omar Albach, in an attempt to call attention to civilian victims in Gaza.

It has drawn almost 240,000 views since Saturday, as well as dramatically opposing views on social media.

At the start of the clip, Albach gestures to the two young girls and says, "For the past two weeks, Israel has been killing 'terrorists' just like the ones standing next to me."

Palestinian health officials say most of the Palestinian victims, totalling at least 1,050, are civilians. There have been at least 52 Israeli soldiers killed, as well as at least three civilians on the Israeli side, according to The Associated Press.

The film has alternately been called disgusting propaganda and a wonderful job of raising awareness about civilian deaths. For his part, Albach said in an interview that the girls strongly supported the making of the video and were supported by their families.

He said they were also concerned they might meet a negative reaction. "They were really happy to realize that people were actually really friendly and understanding," Albach said.

None of the passersby seemed even a little surprised when the girls explain that the sign is meant to be ironic.

"We're not actually terrorists," one of them says.

"I'm sure you're not a terrorist," a passerby says.

"Thank you," one of the girls replies. There is also criticism that the video would have been far stronger if it left out criticism of Israel at the start, and simply focused on innocent victims.

One woman hugged the girls and then said, "I say on both sides: We are all people that should be loved. No fighting, and I love you. I love you guys."

TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS

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Man acquitted in 1974 shooting death

No closure. Durham's oldest murder case remains unsolved

Alan Smith, charged with first-degree murder in the 1974 death of Beverly Smith, was released at the Oshawa courthouse Monday with one of his lawyers, Alison Craig, all smiles behind him. RICHARD LAUTENS/TORSTAR NEWS SERVICE

After nearly 40 years, two murder trials, one elaborate undercover operation and, now, an acquittal, Durham Regional Police's oldest murder case remains unsolved.

Dealing the final blow to the first-degree murder case in an Oshawa courtroom Monday, Justice Bruce Glass acquitted Alan Smith of the 1974 slaying of Beverly Smith.

Glass effectively undid the case last month, when he threw out all evidence gathered in an intricate, year-long police sting known as a "Mr. Big" operation.

The undercover investigation — which convinced Smith he was enmeshed in a murderous crime ring, and culminated with the dump of a fake corpse off a cliff — had violated Smith's Charter rights and was an abuse of process, Glass ruled in June.

Without the evidence gathered during the sting, namely two widely varying murder confessions, Crown Attorney Frederick Stephens conceded there was little prospect of conviction.

"There is no reasonable alternative but to discontinue the prosecution," he told court Monday.

Moments later, as Glass left the courtroom, Beverly Smith's now-grown daughter, Rebecca, and Beverly's twin, Barbra Brown, began yelling at Smith.

"She'll never forgive you," said Brown, who had been crying throughout the brief proceeding.

Leaving court accompanied by his siblings and defence team, Smith would not comment on insults hurled at him by Beverly's relatives, but said he planned to spend time with his family and go on a vacation.

"I am actually glad that the ordeal is over with," he said as he left court.

Alison Craig, one of Smith's defence lawyers, said she hopes the case will be a lesson for future Mr. Big investigations, which she says are "notorious" for eliciting false confessions.

"There is a line you can't cross," Craig said outside court. "In this case, (police) not only crossed the line, but they trampled it, and it resulted in a false confession and an innocent man being in jail for many years, and hopefully it won't be repeated."

It was the second time in six years that a vindicated Smith walked out of Oshawa courthouse.

TORSTAR NEWS SERVICE

At a glance

Neighbours during the incident

Alan Smith, who was a neighbour of Beverly Smith's (no relation) at the time of her shooting death, was first charged in connection to the slaying in 2008, when police slapped him with a second-degree murder charge based on information from his ex-wife Linda.

But her evidence was quickly proven false and the Crown withdrew the charges on July 31, 2008. Six months later, police initiated the Mr. Big sting. TORSTAR NEWS SERVICE

'Carpool' gets a new meaning

A trio of McMaster University engineering graduates are doing something out of the ordinary.

Duncan Forster, 38, Alex Saegert, 40, and Phillip Weicker, 35, have resurrected a project from their university days that will have them racing a hot tub car in Utah next month.

The trio says the idea to construct a vehicle complete with a hot tub began in 1996 with "an abandoned car, a keg of beer, and a quote from Ernest Hemingway — 'Always do sober what you say you'd do drunk; that's the only way you'll learn.'"

The car was an aged 1982 Chevy Malibu left behind by a previous subletter of Forster's Hamilton home.

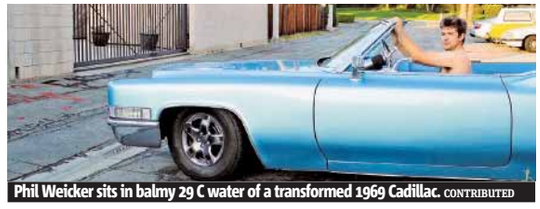
Seventeen years later, the trio is on a second iteration of the car.

This time the vehicle they've outfitted is a 1969 Cadillac Coupe DeVille convertible purchased on eBay for $800.

To date, Forster says they have invested about $20,000 into the car.

Later this summer, they'll take it to the Bonneville Salt Flats, where quirky racing enthusiasts flock every year to beat speed records.

"Nobody's ever gone 100 miles per hour in an open-air, self-propelled hot tub while sitting neck-deep in soothing warm water," they say. "We aim to correct that mistake of history this August."



Phil Weicker sits in balmy 29 C water of a transformed 1969 Cadillac. CONTRIBUTED

TORSTAR NEWS SERVICE

Hospital association wants to hear all complaints against MDs, nurses

Health. Watchdog acknowledges health professionals don't always self disclose whether action was taken against them

Hospitals should be automatically informed when health professionals working there have been the subject of complaints to their respective regulatory bodies, the Ontario Hospital Association says.

Currently, health professionals are required to self-disclose to hospitals whether their self-regulatory colleges have taken action against them in response to complaints.

But that doesn't always happen, the province's medical watchdog — the College of Physicians and Surgeons of Ontario — has previously acknowledged.

The Ontario Hospital Association, the umbrella group for the province's 145 hospital corporations, isn't just interested in knowing when regulatory colleges take action against health professionals; it wants to know about complaints even before findings have been made.

And it wants this information for all regulated health professionals working at hospitals, including doctors, nurses and pharmacists.

"Hospital leaders are always looking for ways to improve quality and one way to do that is to enhance the reporting mechanisms in place for both doctors and hospitals," said Akilah Dressekie, a public affairs specialist with the organization.

TORSTAR NEWS SERVICE

#MickeyMouseTsWelcome

Electronic dance music royalty and Toronto resident Deadmau5 paid a visit to Mayor Rob Ford's office on Monday, prompting Ford to post this photo and comment on Twitter: "Thanks @deadmau5 for stopping by City Hall this afternoon, and for the great chat! #toronto #TOpoli #musiccity." TWITTER

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Oshawa

Man charged for DUI with toddler in front seat

An Oshawa man is facing multiple charges after police say a he drove impaired with his two-year-old daughter sitting in the front seat.

Durham Region police say officers got a call about an impaired driver Friday (at Ritson Road South and Dean Avenue), but when they spotted the vehicle, the driver sped away.

It's alleged that when the man stopped at a nearby residence, he refused to get out of the vehicle for officers and resisted arrest. After a brief struggle, police say the man was taken to a nearby station for breath tests.

According to police, the child — who was not injured — was found in the front seat of the vehicle wearing only an adult seatbelt harness.

THE CANADIAN PRESS

Scarborough

TTC fires bus driver who ran red light

The TTC has fired the driver of a bus who ran a red light and nearly hit a pedestrian in Scarborough.

The incident at the intersection of Ionview and Eglinton was caught on video by a dashboard camera and posted on the Internet last week.

TORSTAR NEWS SERVICE

Elliot Lake

Mall collapse report remains

A discredited engineer has lost his bid to keep parts of a report into the deadly collapse of a northern Ontario mall secret until after his criminal trial. The commissioner who presided over the Elliot Lake mall collapse inquiry dismissed Robert Wood's application, writing that the open-court principle is important for public inquiries. THE CANADIAN PRESS

Burlington

Korean War monument unveiled

A monument dedicated to eight Royal Canadian Navy ships that served in the Korean War was unveiled in Burlington Monday, to mark the 61st anniversary of the armistice to end the war.

The black granite structure is inscribed with the names of nine crew members either lost at sea or killed in action during the 1950-53 conflict. THE CANADIAN PRESS

Korean War naval memorial
TORSTAR NEWS SERVICE

Israeli military warns Hamas: 'What is coming will be worse'

Gaza crisis. Israeli PM says his country needs to be 'ready for a prolonged campaign' as attacks from both sides mount

Relatives help Hazem Eshbair, who lost two of his children in an explosion at a park at Shati refugee camp in the northern Gaza Strip on Monday. Israeli and Palestinian authorities traded blame over the attack that also claimed eight others. ADEL HANA/THE ASSOCIATED PRESS

Israel's prime minister warned Monday that the country faced a prolonged campaign against Hamas in the Gaza Strip, as the military urged residents in parts of the embattled territory to evacuate ahead of what appeared to be a broadening of the three-week war.

"What is coming will be worse," the Israeli military said in phone messages targeting Gaza militants.

Israeli leaders have been mulling whether to expand the assault against Hamas in Gaza or respond to international calls for a truce.

The international community has so far been unable to bring about a ceasefire that would end the fighting, which has already killed at least 1,050 Palestinians, 52 Israeli soldiers and three civilians on the Israeli side.

But with attacks mounting from both sides Monday, and Israel and Hamas far apart on terms for a truce, a ceasefire appeared elusive.

"We need to be ready for a prolonged campaign," Israeli Prime Minister Benjamin Netanyahu said. "We will continue to act aggressively and responsibly until the mission is completed to protect our citizens, soldiers and children."

Hamas spokesman Sami Abu Zuhri struck a defiant tone in response to Netanyahu's warnings.

"His threats do not scare Hamas or the Palestinian people, and the occupation will pay the price for the massacres against civilians and children," he said.

THE ASSOCIATED PRESS

Quoted

"God help us. We have nothing to do but pray."

Jabaliya resident Sufian Abed Rabo, who said his family of 17 has taken refuge underneath the stairway in the building of their home, which they rebuilt after it sustained damage during the 2009 war in Gaza.

Bitcoin. Finance memo warns of illicit potential of virtual currency

The high level of anonymity and lack of regulation associated with Bitcoin transactions may make the virtual currency "an attractive payment method for criminals," warns a newly disclosed Finance Department memo.

The internal memo, prepared for former finance minister Jim Flaherty, says while the degree of criminal activity involving Bitcoin is unclear, some have raised flags about its potential to fund illicit behaviour.

"With the press of a computer button, you've transferred the value," said Christine Duhaime, a lawyer and certified financial-crime and anti-money-laundering specialist.

"Virtual currencies such as Bitcoin have been criticized for their potential to fund illicit activity, such as money laundering and terrorist financing," the memo to Flaherty says.

THE CANADIAN PRESS

China

Police take down church's cross amid crackdown

Hundreds of police took down a church's cross on Monday in a city known as "China's Jerusalem" for its many houses of worship amid a crackdown on church buildings.

THE ASSOCIATED PRESS

Pakistan

Ahmadi homes burned down over Facebook posts

A Pakistani mob burned down homes belonging to the minority Ahmadi sect in riots following rumours about blasphemous postings on Facebook, police said Monday.

THE ASSOCIATED PRESS

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Live-tweets a force for good in court: Judge

#Courtroom. Nova Scotia judge says letting journalists live-tweet proceedings fosters greater communication and accuracy

A top Nova Scotia judge says he is surprised at the positive impact live-tweeting inside the courtroom has had after the province's judiciary recently relaxed the rules on Twitter use.

Chief Justice Joseph Kennedy of the Nova Scotia Supreme Court let reporters live-tweet throughout the trial of Lyle Howe, a Halifax lawyer convicted of sexual assault.

"I couldn't get over how well it had worked," Kennedy said in an interview, describing it as the closest thing to gavel-to-gavel coverage he has seen.

New guidelines governing the use of electronic devices in the courtroom came into effect in Nova Scotia on May 15, allowing communication such as tweeting and texting for any purpose, unless otherwise banned by the presiding judge.

The policy restricts tweeting from youth, mental-health and family courts and does not affect statutory publication bans.

Kennedy says allowing the use of Twitter is part of the legal system's effort to improve access to justice.

"That's not just a matter of making it easier for people to come before the courts from the point of view of expense and time and that kind of thing, but also better communication of what we do," he said.

Kennedy said he intends to introduce video broadcasting of criminal court proceedings, though he added he would likely begin with a sentencing hearing to avoid the risk of negatively impacting witnesses. THE CANADIAN PRESS

Tweeting sustained

"I didn't think it was going to be as accurate as it turned out to be. I have to say that I was very impressed."

Chief Justice Joseph Kennedy of the Nova Scotia Supreme Court, on how accurate court reporters were in relaying information as they live-tweeted the Lyle Howe trial

A fist bump a day. Popular greeting spreads fewer germs than handshake

When it comes to preventing the spread of germs, maybe the president is on to something with his fondness for fist bumps.

The familiar knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So fist bumps — popularized by U.S. President Barack Obama and others — seem to be the wisest greeting, especially during cold and flu season, said researcher David Whitworth of Aberystwyth University in Wales.

The importance of hand hygiene is nothing new in medicine. However, the researchers realized that while a lot of study focused on hands getting germy from touching doorknobs and other surfaces, only a few studies had looked at handshakes.

"And there are alternatives to handshakes. You see them on telly all the time — the fist bump and high-five and all that," Whitworth said.

Whitworth said he hopes the norm changes.

"In a hospital, you really don't want people to shake hands. It's an unnecessary risk," he said.

THE ASSOCIATED PRESS

U.S. President Barack Obama fist bumps a young boy at the White House in 2011. Scan this photo with your Metro News app to see a gallery of President Obama's iconic and germ-conscious fist bumps. CHIP SOMODEVILLA/GETTY IMAGES FILE

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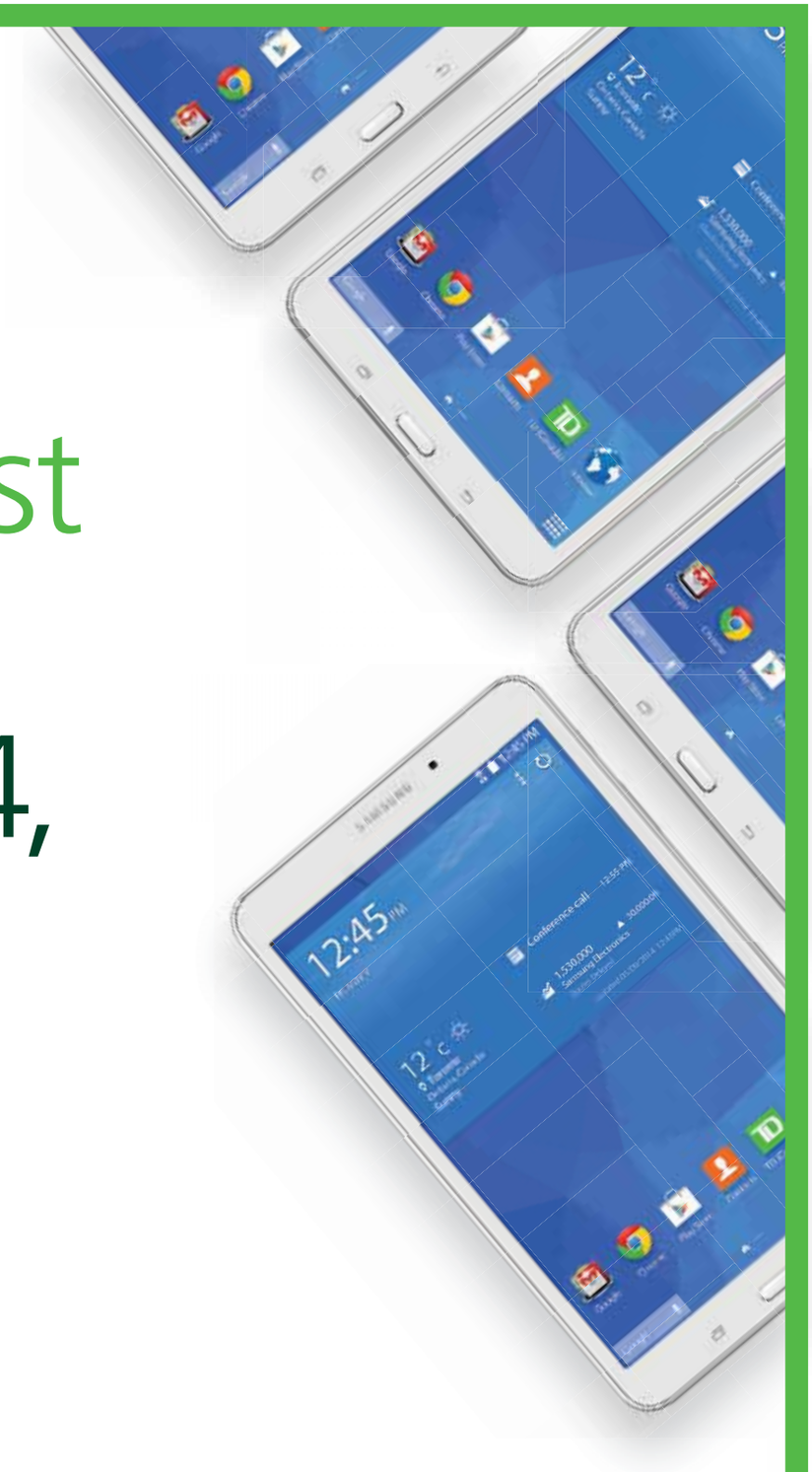

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Bank of Canada recognizes mountainous $10 bill error

Mount Edith Cavell.
One of the peaks misidentified by the bank's website

Ryerson University professor Hitesh Doshi poses with a $10 Canadian bank note in Mississauga on Monday. Doshi discovered an error in a mountain that adorns one of Canada's new plastic bank notes. NATHAN DENETTE/THE CANADIAN PRESS

The Bank of Canada is making a molehill out of a mountain.

The central bank had claimed that its new plastic $10 bank notes included an image of majestic Mount Edith Cavell, a prominent peak in the Canadian Rockies south of Jasper, Alta.

But a sharp-eyed professor in Toronto, who had hiked the mountain with his family, thought something was amiss when the image matched neither his memory nor his photos.

Hitesh Doshi contacted the Bank of Canada by email last November, shortly after the new $10 notes were released, to say something was amiss. He kept getting the runaround until last week.

That's when the central bank quietly changed its website, removing Mount Edith Cavell and several other peaks from its official description of the back of the $10 bank note, replacing them with some other peaks.

It also sent Doshi a short email, finally acknowledging the error.

"One of the memorable things for me in Alberta was visiting (Mount) Edith Cavell," he said of a visit with his family.

But when he later examined the $10 bank note, "the peak was not there," said Doshi, a professor of architecture at Ryerson University and a new Canadian. "That's where the whole thing started." THE CANADIAN PRESS

Vacation destination?

North Korea pushes Wonsan as tourism hot spot

Where do you go in North Korea if you're in the mood for a barbecue by the beach, maybe some pier-side fishing, or a dip in the ocean?

For many North Korean vacationers, that place has long been the sleepy port city of Wonsan, which is now the focus of one of North Korean leader Kim Jong Un's most talked-about pet projects — a campaign to transform the country into a haven for tourism. THE ASSOCIATED PRESS

'Direct connection'

Palin launches online channel

Sarah Palin has started her own subscription-based online network.

The Sarah Palin Channel, which went live on Sunday, bills itself as a "direct connection" for the former Alaska governor and GOP vice-presidential candidate with her supporters, with "no need to please the powers-that-be," Palin says in a video on her channel's home page. THE ASSOCIATED PRESS

Sarah Palin

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Malls grow to feed our appetite for luxury

Trend. High-end retailers continue to look to Canada, as major malls continue to grow to meet the demand

While big-box retailers such as Target have struggled to get a foothold in Canadian markets, demand for luxury retailers is strong and fuelling massive expansion projects at shopping malls across the country.

According to research by commercial real-estate company CBRE Group, more luxury retailers are predicted to arrive in Canada, albeit at a more moderate pace compared to the flurry of activity seen in the last three years.

The aftermath of the 2008 financial crisis and recession spurred a boom in retail development, with foreign retailers, primarily American ones, turning their sights to Canada, and construction hasn't kept up with demand.

There is little to no vacancy in highly sought-after shopping centres and neighbourhoods, according to CBRE's head researcher Ross Moore.

The study, which measured the number and type of retailers that set up shop in 2013, found that luxury and high-end fashion brands constitute the majority of new arrivals in Canada.

In Toronto, top-tier malls Yorkdale and Sherway Gardens are simultaneously undergoing multimillion-dollar expansions to accommodate a new anchor tenant, the upscale U.S. department store Nordstrom.

THE CANADIAN PRESS

Long lines and big crowds pack the Yorkdale Mall in Toronto for Boxing Day shopping in 2012. Malls in big cities across the country are full, with high-end brands continuing to fuel growth. TORSTAR NEWS SERVICE FILE

The 65+ set

Medical costs later in life top worry: Poll

A new poll suggests that health and medical costs are the biggest financial worry for Canadians later in life.

The Bank of Montreal report found that 74 per cent of those recently polled foresee medical costs as their biggest expense in their senior years. THE CANADIAN PRESS

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BETA WEDDING BANDS, ANYONE?

SHE SAYS

Jessica Napier
metronews.ca

For those of us in our twenties and thirties, midsummer is the height of wedding season. Even if you haven't been invited to a real-life ceremony, it's impossible to escape the deluge of posed group photos and cutesy couple hashtags that take over Facebook and Instagram feeds every weekend.

Weddings might seem to be ubiquitous on social media, but a new U.S. survey suggests our generation isn't entirely keen on the idea of till death do you part. Trend researchers recently polled 1,000 Millennials — defined as 18- to 34-year-olds — about their attitudes toward marriage and found that over 40 per cent believe vowing to stay together forever is an outdated tradition that should be abolished.

In the same study, participants were asked about their opinions on a few alternative marital models — because if so many of us think it's time to retire the "for as long as you both shall live" concept, perhaps we need to start making our own rules.

When asked about a variety of hypothetical arrangements, 21 per cent of respondents said they would consider what the researchers dubbed the "Presidential" approach, in which couples would vow to marry for a four-year term and then opt to either stay together or re-elect a new partner. Ten per cent of respondents liked the idea of a "Multiple Partner" model, while 36 per cent of people favoured the "Real Estate" approach — wherein marriage licences would be valid for five-, seven-, 10- or 30-year periods, after which the terms would be renegotiated.

The most popular model offered by the researchers was the tech-inspired "Beta" union, in which marriages would be subject to a trial period, much like a new app or software product. In this scenario, newlyweds would test-run the union for two years in order to work out any kinks or bugs and then choose to proceed with the marriage or dissolve the partnership without any of the nasty consequences of a formal divorce.

Personally I think the concept of beta-testing a marriage sounds a lot like living together. Common-law relationships tend to look and feel like a marriage but without the rings, the ceremonial paperwork and the expensive party.

So what can we take from the results of this study?

Are Millennials a generation of unromantic commitment-phobics, or are we justified in reimagining matrimony for the modern age? Monogamous lifelong marriages aren't for everyone, but that doesn't necessarily mean we should reinvent the entire cultural institution. Renewing your vows to solidify your commitment to one another is a romantic gesture, but I certainly don't think anyone would appreciate having to renew their marriage every five years like they would a driver's licence.

Every partnership is unique, and when it comes to governing your relationship it's up to you and your partner to create your own rules.

EID MUBARAK

metro AR

People ride on bumper cars during an Eid celebration in Burgess Park on Monday in London, England. The Muslim holiday Eid marks the end of 30 days of dawn-to-sunset fasting during the holy month of Ramadan. For a photo gallery of Eid celebrations around the world, scan this image with your Metro News app.
DAN KITWOOD/GETTY IMAGES

Fast turns to feast for Muslims around the world, though wars cloud celebrations

Muslims celebrated the first day of the Eid al-Fitr holiday Monday, which marks the end of the monthlong fast of Ramadan. The three-day-long Eid al-Fitr holiday is a time to celebrate the completion of Ramadan, a month devoted to worship and repentance during which observing Muslims abstain from food and water from sunrise to sunset every day.

Muslims in Indonesia, across the Middle East, parts of Africa, Europe and the U.S. marked Eid on Monday. Millions in Morocco, India and most of Pakistan were still fasting Monday and will likely celebrate Eid on Tuesday. That's because Muslims use a lunar calendar and a moon-sighting methodology that can lead to the month of fasting ending on different days.

Turkish President Abdullah Gul reminded people in his Eid message that though Turkey was enjoying a peaceful holiday, many of its neighbours were not. THE ASSOCIATED PRESS

Celebrations and sadness

"We just can't ignore that there are many, many people, not just in Palestine, that simply just can't even have a proper day to rest and mourn their dead."

Iman Eddbali, 26, a Muslim in Qatar, who said that the imam leading prayers in her local mosque urged worshippers to be happy for those who cannot be happy this year

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metro AR

MetroTube

Get inside before you start seeing sharks

ANDREW FIFIELD
andrew.fifield@metronews.ca

Watching skies become smeared with spooky clouds, bracing for a wall of rainfall racing toward you, breaking the oppressive humidity of scorching summer days — there's a lot to be said for taking a moment to enjoy some spectacular weather.

There needs to be some common sense involved, though. For example, if the plastic bags dancing on the breeze are replaced by barbecues, it's time to head inside. The same holds true if the sky sends an explosive bolt of lightning into your neighbourhood — wise advice that would have sent this Tennessee tornado-taper back to the house about 30 seconds earlier. (youtube.com/cfields33)

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You Reddit right: Fans get Q&A with Seinfeld

You ask, he answers. As he promotes his new show, comedian takes to the web to answer fan questions

LISA WEIDENFELD
Metro World News in New York

Jerry Seinfeld returned to the hallowed halls of Reddit to do another Ask Me Anything after doing one last January. He's promoting his new show, Single Shots, which is a spinoff of his current Comedians in Cars Getting Coffee. After assuring one Redditor that "conversations are taking place" regarding getting Seinfeld to Netflix, he got down to the important stuff. Here are some of the more non sequitur highlights. There were a lot of food questions.

I noticed you are left-handed, but in The Understudy episode you threw with your right hand. Ambidextrous?
I am ambidextrous! Good observation.

In Seinfeld, I've noticed the hat behind your computer randomly switches from Mets to Yankees. I know you are a huge Mets fan so I've always wondered the reason for this.
Because Larry David was a Yankees fan, so we kind of would go back & forth.

What is your most memorable scene from Seinfeld that had to be re-shot the most because everybody kept laughing?
When Frank Costanza, George's father, said to Elaine "Do you want a piece of me?" when he thought that she wanted to have a fistfight. That one, we had to do over and over because nobody could stop laughing. Every time Jerry Stiller would say "Do you want a piece of me?" we had to stop.

Jerry Seinfeld won't eat cereal with you, in case you wondered. GETTY IMAGES

I realized that if we don't have milk in our fridge in the morning, on a scale of one to 10, my day only has the potential of reaching a six. What's that one thing for you that curbs how well your day can go?
The quality of the coffee. I didn't really used to drink coffee in the '90s, whenever we would sit in the coffee shop on the show I wouldn't drink coffee, they would put coffee in the cup so it looked like I was drinking it, but I wouldn't drink it. I don't know what changed. But I got into it, in the '90s and I finally figured out why everybody was interested in it, and then I became obsessed with it. There's just — as Duke Ellington famously said — "there's only two kinds of music, good and bad," and it's the same with coffee.

Two of my dreams are to be accosted by Larry David on the street and to eat cereal with you. Which is more likely to happen?
Neither, I think your life will go on as it's been and you will never reach these peaks. My Reddit associate suggests I throw you a bone. I think there's a possibility of that happening. If I had a bone, and I saw you, I would throw it at you.

AUGMENTED REALITY

→ Mmmm, donuts! Scan this photo with your Metro News app to see a video of Jerry Seinfeld, Tina Fey, Brian Regan, and Sarah Silverman chat about this king of snacks.

metro AR → See the full instructions on Metro's Voices page.

DVD review

The Other Woman

Director. Nick Cassevetes

Stars. Cameron Diaz, Leslie Mann, Nikolaj Coster Waldau

The main actors — Cameron Diaz, Leslie Mann and Kate Upton on one side, Game of Thrones' Nikolaj Coster-Waldau on the other — all figure they're making a big studio romantic comedy. Director Nick Cassavetes isn't so sure. One moment he's indeed making that studio rom-com, hitting beats with yuks about public drunkenness, projectile bodily fluids, inconvenient pet pooches and smartass secretaries. The next he's drifting along with a serious drama about infidelity that's more in line with the indie film world that Cassavetes (The Notebook, She's So Lovely) hails from. Gawking at this mess does make for an interesting sit, though, much like watching a slow-motion train wreck. And the pairing of Diaz and Mann, both great comic actresses, suggests the two could really click in a better movie written to properly showcase their talents. The Other Woman raises serious issues of how men treat women, and how women react to infidelity that the more serious side of Cassavetes might have profitably explored.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Cara De-loving? Bieber not a-Justin well to Gomez's galpal

NED EHRBAR
Metro in Hollywood

Justin Bieber is apparently none too thrilled that on-again, off-again girlfriend Selena Gomez appears to be total BFFs with model Cara Delevingne, according to the Sun. "Justin has called Cara on more than one occasion, wanting to know what's going on. It's been clear that he's had a drink beforehand, too." I can understand Bieber's concern. Delevingne, you see, was most recently dating actress Michelle Rodriguez, and while the same source accusing Bieber of drunken, paranoid phone calls claims the relationship between Delevingne and Gomez is clearly platonic, Gomez did date Bieber for a long time. And anyone who's seen the website Lesbians Who Look Like Justin Bieber knows where I'm going with this.

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Ashton Kutcher and Mila Kunis ALL PHOTOS GETTY IMAGES

That '70s wedding: Cast of show to play big part in Kunis-Kutcher nuptials

Fans waiting to see Ashton Kutcher and Mila Kunis walk down the aisle are going to have to sit tight for another 12 months, as the engaged expectant parents are reportedly looking at a July 2015 wedding date, according to Radar Online. "The wedding will be next July. They want to focus on their daughter first and having it next summer seems logical," a source says. "They won't have a big production but it will be elaborate. The wedding party will consist of the cast of That '70s Show as they are all very close. They still hang out with the original cast all the time. Most likely Danny Masterson will be the best man because him and Ashton are like brothers."

Did pop's reigning duo ditch West's wedding to stay cool?

Jay-Z and Beyoncé

New details are leaking out as to why Jay-Z and Beyoncé sat out pal Kanye West's recent wedding: Apparently they were too good for it. "Beyoncé wasn't going to allow (West's new bride) to socially climb her. They are guarding like hell their status," a source tells Page Six. "Jay didn't want Kanye with (the bride). He thinks it's bad for business. I think Jay lost a little respect for Kanye there." Advantage: Jay and Beyoncé.

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LIFE

What you don't know can hurt you

Skin cancer. Here is everything you don't know (but should!) about sun safety

MEREDITH ENGEL
life@metronews.ca

Applying sunscreen isn't enough when it comes to sun safety. ISOCK

You know to apply (and re-apply) sunscreen.

But what you don't know about sun protection could mean the difference between a summer on the beach and one on the operating table.

We asked experts to fill us in on the beyond-basic skin rules you need to know for protecting yourself this summer.

You need sunscreen every .... single ... day.

Yes, even when it's cloudy, raining, sleeting; you get the idea. The sun beams out UVA and UVB rays. The latter are the sun's most damaging rays during the summer months, in the middle of the day, says Dr. Neal Shultz, a New York City dermatologist. But it's the UVA rays that are "more plentiful and present all year long, and at all times of the day, and much more important in causing premature aging and causing skin cancer," he says.

Put your sunscreen on as the first layer of products you apply to your face. That means it goes under your makeup, ladies.

You're sweating off your sunscreen more than you think

You want to reapply after you go for a dip and after you get sweaty. But even if you're just lounging around, you still need to reapply every two to three hours "because there's something called insensible perspiration, which invisibly washes away the sunscreen," says Shultz. This is when your body doesn't realize it's sweating "because [the sweat's] evaporating before it collects on your skin." It's a necessary part of your skin's breathing process, but it makes the sunscreen you've got on obsolete.

You don't need SPF 100

You might think you're doing your body some extra good, but even a 15 provides almost 90 per cent coverage from the sun's rays (an SPF 30 provides more than 95 per cent coverage). But don't get too cosy, regardless of the number: "Whether the SPF is 15, 30 or 100, it needs to reapplied with the same frequency," Shultz says.

Boozing? You're more likely to burn

Nothing beats laying poolside with a cocktail, but when you're drinking, your skin is way more vulnerable to the sun. That's because alcohol dilates your blood vessels, meaning there's more red in your skin, and "the pinker the skin, the closer the blood cells are to the surface — and therefore, they absorb more damaging UV," Shultz says.

You can get skin cancer in spots that aren't exposed to the sun

Even if you're not sunbathing in the nude, you can still get skin cancer in your groin and anus (apologies for the visual). Other weird places you can get it? Your mucus membranes, like inside your nose and mouth. Have a dentist check inside your mouth for splotches, recommends Dr. Sapna Patel, assistant professor of melanoma medical oncology at the University of Texas MD Anderson Cancer Center.

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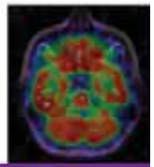

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Lighten your day with play

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Play on!

In the latest issue of Best Health magazine, Canada's healthy lifestyle brand for women, writer Lisa Meekison explores the science behind play. Yes, as in, fun.

There is new research suggesting that play is not only essential for health and happiness, but that we must play if we want to be at our full potential.

We are the inheritors of a Puritan work ethic that says work is the path to happiness and success.

We're suspicious of play: Henry Ford supposedly frowned upon any smiling on his assembly lines, in case workers got the idea that fun was OK. Even now, the media landscape is awash with pundits — from business gurus to "tiger mothers" — who say that in these uncertain times, we must focus on work and self-improvement. The result? Kids are over-programmed and bubble-wrapped, and adults are simply too exhausted to play.

But play creates interconnectivity. New studies show that play lights up different areas of the brain simultaneously, indicating that play is creating new neural connections and strengthening existing ones. This boosts our memory and makes us smarter. Play also makes us more creative, psychologists believe, as it develops styles of thinking and feeling that we draw on in the moment of creation.

And, of course, play makes us feel better. Experts suggest that the lift in mood we get from play could be because it gives us a much-needed break from the worries and tasks of our everyday world.

This isn't to say we should all put on clown noses and big shoes. It's about approaching life with lightness and making time for joy. Tug-of-war, charades, even an egg toss outside with the whole family — they're fun. Play lets us explore our body's strengths, the rules we live by, our talents, relationships and the world around us.

Ultimately, we are creative and gifted. We can lift ourselves to our dazzling potential by playing our way to health and happiness. **FOR THE FULL ARTICLE, PICK UP THE LATEST ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA.**

Studies show that play creates interconnectivity. ISTOCK

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• Pack your asthma medication and always take it as prescribed by your doctor.

NEWS CANADA

Invention

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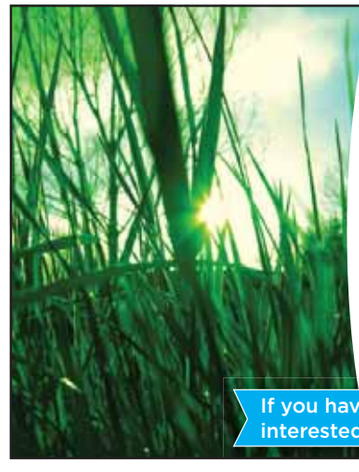

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Score duck — and creativity points

Herb-Marinated Duck Breast with Orange Reduction. An easy trick will help to get rid of some of its fat, making duck a unique choice

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Duck has an unearned bad name for being difficult and fatty.

The misperception that duck is a higher calorie meat than, say, chicken, is way overblown, says Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont. It is fattier but the fat renders easily and can be skimmed off before serving, thereby making them almost the same.

Making shallow cuts in the duck breast — called scoring — helps the breast to release the fat during cooking.

The richness of duck's flavour means that you can serve less and feel just as satisfied. Also, don't be afraid to serve it cooked to medium rather than well done like chicken.

Any Asian market worth its salt will be a brilliant supplier of duck. The price is usually lower per pound and whole ducks are plentiful. Many grocers are now stocking just the duck breast and it may cost a little more but is a great way to introduce yourself to this tasty protein.

This dish pairs well with roasted or mashed sweet potatoes.

Ingredients

Marinade
- 2 duck breasts (6-8 oz each)
- 2 sprigs fresh thyme, finely chopped
- 6 basil leaves, finely chopped
- 2 sprigs parsley, finely chopped
- 1 sprig rosemary, finely chopped
- 2 garlic cloves, minced
- Olive oil
- Salt/pepper to taste

Orange Reduction
- 1 cup honey
- 3 navel oranges (cut into quarters with skin on)
- 1 onion, peeled and diced
- 1 cup orange juice
- 1 bay leaf
- 10 peppercorns

1. Make very shallow slices through the skin of the duck breast. Mix all of the marinade ingredients together and let marinate overnight, in a bowl covered with plastic wrap in the fridge.

2. Bring honey to a boil and then add rest of ingredients. Mix together and let cook over medium-low heat for approximately 30 minutes. Strain.

3. Heat oven to 400 F. Add oil to the pan and place duck breasts in skin side down. Let sear for 2-3 minutes or until golden brown. Flip and place into a 400 F oven for 9 minutes. Remove from oven and let stand for 2 minutes to let the juices flow evenly throughout the breasts. Slice thinly into strips and drizzle with honey glaze. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF STE. ANNE'S SPA IN GRAFTON, ONT.

This recipe serves four. THERESA ALBERT

AUGMENTED REALITY

→ What the duck? Scan this photo using your Metro News app to follow along as Theresa Albert learns more about duck meat and how these birds are raised!

→ See the full instructions on Metro's Voices page.

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Driving Miss Trendy: A business in motion

Wheelin' and dealin' in style. Fashion hits the streets with Toronto mobile store

TAKARA SMALL
Metro News in Toronto
@takarasmall

Take a peek inside Fashion Truck Canada, a mobile boutique that brings fashion to consumers wherever they may be.
CONTRIBUTED

When Ashley Barber and her co-founder Emily Dobbie wanted to launch a fashion business, they decided to ditch the traditional brick-and-mortar stores for a boutique endeavour with some real drive.

The fashion mavens thought outside of the box when they decided to purchase a commercial truck and outfit it with a change room, cash register and shelves. With hard work, the vehicle soon became a high-end store called Fashion Truck Canada.

Their business model is akin to the food truck industry, except instead of fast food, consumers can pick out fast fashion in short amount of time at a convenient location.

"The best thing about having a fashion truck is just owning your own business," Barber says, "the perk to this is you get to travel around and meet tons of different people."

Now style is on the move across Toronto where instead of waiting for consumers to come to them, they sell fashionable dresses, jeans, shoes and everything in between to the masses in local parks or even parking lots.

They found inspiration for their business in the many successful mobile boutiques found in the U.S. and decided to import the idea north of the border. In the process they became one of the first Canadian companies to operate a fashion truck.

"We saw it take off in New York and Los Angeles and decided to bring it to Canada," says Barber as she folds a pair of Free The People jeans. "This," she says pointing to the spacious truck around her, "gives us freedom and lets us go wherever we want."

Despite the glamour of it all, running a mobile business comes with a unique set of challenges, which include finding a place to set up shop, albeit temporarily, in the city.

"The downside, and probably our biggest challenge so far is our parking," Babar confesses. "We can't be on city property, we have to be on private property so it's sourcing out private parking areas ... networking with people who want to participate in your business."

No fixed address also means Barber and her team have to be innovative when it comes to marketing.

Aside from word-of-mouth, attracting new customers can be difficult. To deal with this challenge, the team promote their address for the day, special deals and other pertinent information across multiple social platforms including Facebook, Instagram and Twitter.

"Our biggest draw is definitely through social media," Barber says.

As for the future of the mobile biz, the duo are hoping to eventually bring their store-on-wheels to other areas outside the city. But, for now they're content with serving the fashion needs of Torontonians.

"People really like it and we're so proud of what we've accomplished so far."

Work on wheels

Go to metronews.ca/mom-and-pop-shops to read more about how these Canadian entrepreneurs turned their dream into reality

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Frizell lays down the hammer for gold and Games record

Sultana Frizell of Perth, Ont., broke the Commonwealth Games hammer-throw record three times en route to winning the gold medal on Monday. The 29-year-old's best throw of 71.97 metres claimed Canada's first track-and-field medal in the Glasgow, Scotland-hosted Games. Scan the image with the Metro News app for more on Monday's events, including the men's 100 metres. IAN WALTON/GETTY IMAGES

Donald Sterling loses bid to block Clips sale

NBA. Judge allows $2B team sale to ex-Microsoft CEO

A judge ruled against Los Angeles Clippers owner Donald Sterling on Monday in his attempt to block the $2-billion sale of the team to former Microsoft CEO Steve Ballmer.

In the tentative ruling, Superior Court Judge Michael Levanas sided with Sterling's estranged wife Shelly Sterling, who burst into tears when the ruling was announced.

"I can't believe it's over. I feel good," she said.

Focus of trial

The non-jury trial held over several weeks focused mainly on whether Shelly Sterling properly removed her husband as a trustee and whether her actions carried any weight after he revoked the trust.

Shelly Sterling following Monday's ruling. GETTY IMAGES

Shelly Sterling negotiated the sale of the team after the 80-year-old billionaire was banned by the NBA for making offensive remarks about black people.

She sought approval from a probate judge for the deal she struck after removing her husband from the trust that owned the team when doctors found he had signs of Alzheimer's disease and couldn't manage his affairs.

Donald Sterling claimed his wife deceived him about the medical exams.

He later revoked the trust after she negotiated the record-setting sales price and his lawyers argued that the move killed the deal. They said the case didn't belong in probate court because the trust had been dissolved.

The ruling in Los Angeles County Superior Court is unlikely to put an end to the bizarre saga that began in April when a recording surfaced of Sterling scolding his young girlfriend for bringing black men to Clippers games. The NBA moved quickly to ban Sterling for life and fined him $2.5 million.

THE ASSOCIATED PRESS

MLB

Jays trade for infielder Valencia

The Toronto Blue Jays have traded right-hander Liam Hendriks and catcher Erik Kratz to the Kansas City Royals for infielder Danny Valencia.

The 29-year-old Valencia hit .282 with two home runs and 11 RBIs in 36 games for Kansas City this season. He also has played for Minnesota, Boston and Baltimore.

The 34-year-old Kratz hit .198 with three homers and 10 RBIs in 34 games for Toronto.

Hendriks, meanwhile, was 1-0 with a 6.08 ERA in three starts for Toronto. He was a triple-A all-star this year at Buffalo, going 8-1 with a 2.33 ERA.

THE ASSOCIATED PRESS

Go to metronews.ca to see how the Blue Jays fared in the opening tilt of a three-game series against the Red Sox on Monday in Boston.

'Sufficient evidence'

Messi again facing tax fraud charges

A Spanish judge has rejected a prosecutor's request to drop charges of tax fraud against Lionel Messi and ordered the investigation into three cases of suspected unpaid taxes to proceed.

A court statement says there is "sufficient evidence" to believe the Argentina player "could have known and consented" to the creation of a fictitious corporate structure to avoid paying taxes on income made from Messi's image rights.

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Reimer's a Leaf for another two years

One-mission man. After asking Nonis to look into a transfer, goalie takes new deal and focuses only on unseating Bernier

James Reimer says his heart is with Toronto.

And it's for that reason — and a chance to win back the No. 1 goalie's job — that he decided to sign a two-year, $4.6 million contract with the Maple Leafs.

"My heart has always been in Toronto," said Reimer in a phone interview. "It's been my goal to spend my whole career there. With the city and the fans, it's the best place to play."

In a way, Reimer re-signing with the Leafs is a stunning turn of events.

It was Reimer who bore the brunt — rightly or wrongly — of the Leafs' epic late-season collapse.

Eager

"That's all a guy can ask for. All you want is a chance. And I intend to make the most of it."
James Reimer

It was Reimer who had asked general manager Dave Nonis to explore the possibility of a trade after he lost the top netminding job to Jonathan Bernier.

But then, the conversation between the two sides changed.

The Leafs told Reimer they needed him. The Leafs told Reimer – if he plays better than Bernier he can unseat Bernier for the top job.

"My goal is to go in there and be the No. 1 guy," Reimer said.

"Worst-case scenario: Me and Bernier push each other and we get great goaltending." THE CANADIAN PRESS

Goalie James Reimer signed a two-year, $4.6 million contract with the Maple Leafs. ADAM HUNGER/GETTY IMAGES FILE

NHL

Leafs sign centre Daniel Winnik

The Toronto Maple Leafs signed centre Daniel Winnik to a US$1.3-million, one-year contract on Monday.

Winnik, 29, had a career-high 30 points (six goals, 24 assists) and 23 penalty minutes in 76 games for the Anaheim Ducks last season. He also had one assist and two penalty minutes in nine playoff games. THE CANADIAN PRESS

CFL

TiCats' Collaros on six-game injury list

The Hamilton Tiger-Cats placed quarterback Zach Collaros on the six-game injured list Monday.

The CFL team confirmed the news on its official Twitter account.

Collaros has been out with head and back injuries after taking a hard hit from Edmonton Eskimos linebacker Odell Willis in a 28-24 loss on July 4. THE CANADIAN PRESS

'A toilet.' Rio's polluted bay gets its first test ahead of Olympic sailing races

Sailors, coaches and the mayor of Rio de Janeiro acknowledge the problem: Guanabara Bay, the venue for sailing at the 2016 Olympics, is badly polluted. Some liken it to a sewer.

The water is filthy after years of untreated waste being poured into the enclosed bay, a mess officials say will take at least a decade to fix.

But sail they will, starting Sunday with the first test event for Rio 2016. The weeklong regatta will feature all 10 Olympic classes, with 216 boats and 321 competitors from 34 nations.

Rio dumps almost 70 per cent of its untreated sewage into the surrounding waters. Cleaning the bay was part of the pitch to land the Olympics, with officials pledging to cut the flow by 80 per cent by 2016.

But Rio's state environment secretary, Carlos Francisco Portinho, has acknowledged in a best-case scenario the reduction will be only 50 per cent.

"At low tide, it smells like sewage water. It smells like a toilet," said Austrian sailor Nikolaus Resch, who finished fourth at the London Olympics in the 49er class with teammate Nico Delle Karth. THE ASSOCIATED PRESS

Boats float in Rio de Janeiro's Guanabara Bay, the venue for the 2016 Olympic races. Sailors and officials agree it's badly polluted. FELIPE DANA/THE ASSOCIATED PRESS

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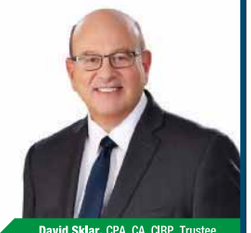

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will get more out of being sociable today than by sitting at home. Someone you meet on your travels will open your mind to new ideas and new possibilities.

♉ Taurus
April 21 - May 21
If you want something enough, you will find a way to get it. If you have the courage to take a risk, you may hit the jackpot. Listen to your instincts — always.

♊ Gemini
May 22 - June 21
The closer you work with other people today, the more likely it is you will share in something that brings great benefits to everyone, both personal and professional.

♋ Cancer
June 22 - July 23
You need to find a place where you can be alone with your thoughts. The more you contemplate the meaning of life over the next few days the more life will bless you later.

♌ Leo
July 24 - Aug. 23
Life is getting faster and there will be no let-up over the next few days. One thing you won't be is bored. It will all be great fun, though.

♍ Virgo
Aug. 24 - Sept. 23
The changes that are taking place in your life are quite natural and should not be resisted. Everything is all right.

♎ Libra
Sept. 24 - Oct. 23
Have faith in your own ideas and don't be afraid to take a risk. Deep down, you know you're on the right track.

♏ Scorpio
Oct. 24 - Nov. 22
The planets make it easy for you to approach people in positions of power today. But your proposal must be well thought out. They won't be impressed if it is easy to pick holes in your plan.

♐ Sagittarius
Nov. 23 - Dec. 21
What can you do to make someone's life more exciting and fulfilling? Your kind words and good deeds will have a ripple effect, making you a force for positive change.

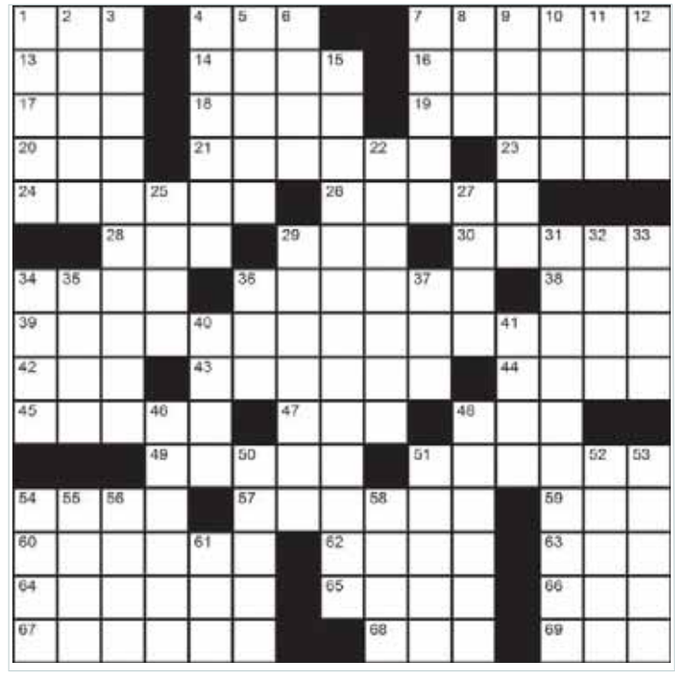
♑ Capricorn
Dec. 22 - Jan. 20
Something you are working on would benefit from a second opinion. You must listen to advice from those who have been there and done it before you.

♒ Aquarius
Jan. 21 - Feb. 19
It's OK to put your own interests first. It's good of you to want to help those in need but you have desires, too.

♓ Pisces
Feb. 20 - March 20
Let loved ones make their own decisions for a change. Too often, you have done everything for them. That's not good for you or them.

SALLY BROMPTON

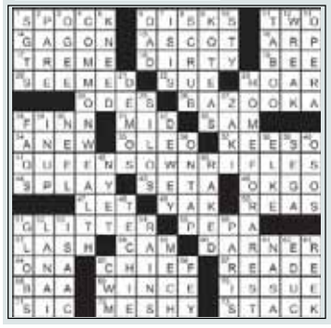
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Play-__
4. Texter's incidentally
7. Tooth __
13. Compass point
14. "__ it Memorex?"
16. "Austin Powers in Goldmember"
17. 'RCMP', e.g.
18. Running shoe brand
19. Spanish airline
20. Bar beverage
21. Portage Ave.'s Winnipeg partner: 2 wds.
23. Grease
24. Poseidon: 2 wds.
26. __ rug
28. Quickly write down
29. Arcade Fire singer Mr. Butler
30. Door parts
34. Busy as _ __
36. Chocolate store-bought treat: 2 wds.
38. Norse Myth: Underworld goddess
39. Paleontology: Dig excitement causer!: 2 wds.
42. Famed tomb king
43. Retro sci-fi Hollywood offering, _-__
44. Egyptian goddess
45. Mode
47. "_-_-_-d-y." (How Canadian actress Ms. Crewson spells her first name)
48. Scoundrel
49. Ms Macphail, Canada's first woman MP, in 1921
51. Atomic No. 16
54. Muscat is its capital
57. Actors Alan and Adam
59. Helios' 'H'
60. Aussie singer Ms Goodrem's
62. Eye part
63. Nero's 7
64. Refrain
65. Yep's opposite
66. Long ago
67. Compact
68. __ worth
69. Domicile [abbr.]

Down
1. "Lost in the Plot" by Montreal band The __
2. Timely way to deliver lines: 2 wds.
3. __ __ The Queen
4. Witty remark: 2 wds.
5. Group of three
6. Collaborative web-site name prefix
7. Gives off
8. Calligrapher's prop
9. __ & Davide (Makers of Queen Elizabeth's signature black patent leather shoes)
10. Ms. Sorvino
11. Mideast chieftain, variantly
12. Guide
15. Kim Cattrall's new dark comedy on HBO Canada: 2 wds.
22. Becomes really clear: 2 wds.
25. Leaves
27. __ sax
29. Guy like Tom Hanks in "Sleepless in Seattle" (1993)
31. The Band song that ends with "But just before she leaves, she receives.": 2 wds.
32. Brand of skin lotion
33. Rock star Mr. Stone's
34. Times to follow morns
35. Concerning, fun-style
36. Alphabet sequence
37. Expert
40. Elvis hit: "_ __ of You"
41. Scientist's solution holder
46. Canadian sugar brand
48. __ apple
50. Mean
51. Sharpshoot
52. Handy
53. Viking maneuvers
54. Un-evens
55. Encounter
56. First 'A' of aka
58. Cast-__ pan
61. Call for

Yesterday's Crossword



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Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		2		7		8	
	2	3				7	5	
7								3
		4	5	6	9	8		
		2	7	8	4	5		
6								2
	1	5				9	4	
	7		9		3		6	

Yesterday's Sudoku

3	9	6	5	8	1	7	4	2
2	7	8	3	4	9	5	1	6
1	5	4	6	7	2	8	3	9
9	8	1	7	5	3	2	6	4
7	2	3	1	6	4	9	5	8
4	6	5	2	9	8	1	7	3
6	1	9	4	2	5	3	8	7
5	4	2	8	3	7	6	9	1
8	3	7	9	1	6	4	2	5

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Some people snore in their sleep. Others whistle. That's why you need beds you can arrange and rearrange into different combinations. Coleman's **4-in-1 airbed** can be used as **two twin beds** or, if you roll around, as **one king-size bed**. You can even stack them together to make it a twin double-high bed. Choices, choices.

Available at Walmart

THE OUTDOORS MADE SIMPLE.

Coleman® The Outdoor Company™

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